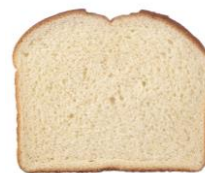


CREDITING ENRICHED GRAINS

Grains must be **whole grain-rich** (WGR) to meet the meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched and the combined weight of any noncreditable grains (such as modified food starch and bran) is less than two percent of the product formula. Grain ingredients that are not enriched such as “unbleached all-purpose flour” or “cornmeal” are not creditable. For more information, see at the Connecticut State Department of Education’s (CSDE) handouts, [Criteria for Whole Grain-rich Foods](#) and [Identifying Whole Grains](#).

Enriched grains are refined grains (such as wheat, rice and corn) and grain products (such as cereal, pasta and bread) that have vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients include **thiamin** (vitamin B₁, thiamin mononitrate, thiamin hydrochloride), **riboflavin** (vitamin B₂), **niacin** (vitamin B₃, niacinamide), **folic acid** (folate) and **iron** (reduced iron, ferrous sulfate). Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients, fiber and other health-enhancing substances originally present in the whole grain.



To determine if a product is enriched, check the label for the term “enriched,” e.g., “enriched flour,” and check the ingredients statement for the five enrichment nutrients. If the ingredients statement includes all five nutrients, the product is enriched. Not all refined products are enriched. For example, when corn is processed into cornmeal, the germ is removed. Unless the product indicates “enriched cornmeal” or the ingredients statement lists all five enrichment nutrients, the product is not enriched.

Products that contain **only enriched grains** cannot credit toward the grains component of the NSLP and SBP meal patterns. Enriched grain products can only be served as **extra foods**. Some examples include enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal and enriched corn grits. The ingredients statement below shows an example of a noncreditable enriched cracker product.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil with TBHQ for freshness, salt, corn syrup, contains two percent or less of leavening (baking soda, yeast), soy lecithin.



Enriched grains can credit toward the grains component only if they are an ingredient in recipe that results in a WGR product. Examples include a mixture of half brown rice and half enriched white rice, and a sandwich made with one slice of 100 percent whole-wheat bread and one slice of enriched bread. To meet the WGR criteria, the recipe must also comply with the limit for noncreditable grains. The combined weight of any noncreditable ingredients such as bran and germ cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for groups H (cereal grains) and I (ready-to-eat breakfast cereals).



For school year 2015-16, the USDA allows a temporary WGR exemption for school food authorities that demonstrate a hardship in procuring compliant WGR products that are acceptable to students. Schools can request a waiver from the CSDE. For more information on this option, contact the CSDE [school nutrition programs staff](#).

RESOURCES

Calculation Methods for Crediting Grains:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

Child Nutrition (CN) Labeling:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf

Crediting Foods (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Criteria for Whole Grain-rich Foods:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf

Food Buying Guide for School Meal Programs:

www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Identifying Whole Grains:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/identifyingwg.pdf

Meal Patterns (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning Guide for School Meals:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Product Formulation Statements:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf

USDA Product Formulation Statement for Documenting Grains in School Meals:

www.fns.usda.gov/sites/default/files/PFSgrains13-14.pdf

Whole Grain Resource for the National School Lunch and School Breakfast Programs:

www.fns.usda.gov/sites/default/files/wholegrainresource.pdf

Whole Grain-rich Ounce Equivalents for School Nutrition Programs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/grainsozeq.pdf



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf.

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